



## A MINUTE OF HEALTH WITH CDC

### *Heart Health*

*American Heart Month – February 2014*

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*[Announcer] This program is presented by the Centers for Disease Control and Prevention.*

One in three deaths in the U.S. is caused by cardiovascular disease, which includes heart disease, stroke, and high blood pressure; it's the leading cause of death. Factors such as age, race, ethnicity, and sex can affect a person's risk for cardiovascular disease.

To reduce *your* risk, follow the ABCS. Take aspirin as directed by your health care provider, control high blood pressure, manage cholesterol, and don't smoke. You should also eat a diet that includes plenty of fresh fruits and vegetables, exercise regularly, and maintain a healthy weight. Talk to your health care provider about your risk for cardiovascular disease.

Thank you for joining us on *A Minute of Health with CDC*.

*For the most accurate health information, visit [www.cdc.gov](http://www.cdc.gov) or call 1-800-CDC-INFO.*